

## Greek Dinner Salad (in 20 minutes)

### Ingredients:

- 1/4 cup coarsely chopped fresh parsley
- 3 tblsp coarsely chopped fresh dill
- 1 tblsp extra virgin olive oil
- 1 tblsp fresh lemon juice
- 1 tsp dried oregano
- 6 cups shredded romaine lettuce
- 3 cups chopped tomatoes
- 1 cup thinly sliced red onion
- 3/4 cup (3 oz.) crumbled feta cheese
- 1 tblsp capers
- 1 cucumber, peeled, quartered lengthwise, and thinly slices
- 1 (19 oz.) can chickpeas, rinsed and drained
- 6 (6-inch) whole wheat pitas, each cut into 8 wedges



### Directions:

Combine first 5 ingredients in a large bowl; stir with a whisk. Add lettuce and next 6 ingredients; toss well. Serve with pita wedges.

Yields 6 servings (1 serving=2 cups salad and 8 pita wedges.)

\* This salad works well with many variations: change the fresh herbs, beans, and cheese to use what you have on hand.

Calories: 388 (29% fat)

Fat 14.8g (sat 3.8g, mono 4.8g, poly 1.4g)

Protein 15.7g

Carbohydrates 64.9g

Fiber 11.4g

Cholesterol 17mg

Iron 4.8mg

Sodium 779mg

Calcium 173mg

Recipe from: Cooking Light Magazine